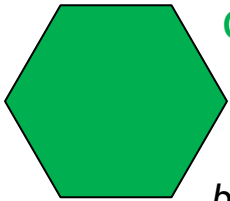


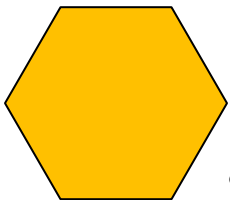


## The Stoplight Food Guide

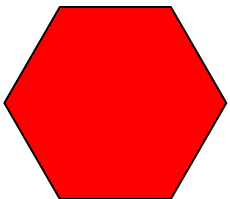
The Stoplight Food Guide lists **OFTEN**, **SOMETIMES** and **RARELY** foods from each of the food groups.



**OFTEN FOODS** are part of a healthy diet. Most are low in fat, sugar and calories. They are the best choices within a food group. Try to eat as many of the recommended daily servings from this group as you can. *Keep in mind that portion control is still necessary with these foods to be part of a healthy weight meal pattern.*



**SOMETIMES FOODS** are high in many nutrients that are needed for good health, but many are also higher in fat, sugar or calories than **ANYTIME FOODS**. Try to limit these foods to no more that one serving a day from each group.



**RARELY FOODS** have more fat, sugar and calories than foods on the **SOMETIMES** or **OFTEN** lists. Eat these foods no more than 1 time per week. Do not include these items on your shopping list.

## Stop Light Plan

### Breads, Grains and Cereals: 1 Serving = 1 ounce or ½ cup cooked cereal, rice or pasta

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>Whole grain products without dextrose, maltose, honey, molasses, brown sugar or corn syrup</li> <li>Whole grain breads</li> <li>Whole grain pasta</li> <li>Whole grain brown rice (not instant)</li> <li>Oatmeal</li> <li>High bran and whole grain cereals with <b>no sugar added</b></li> <li>Whole grain crackers</li> <li>Stone-Ground whole wheat bagels or pitas</li> <li>Bran or stone-ground muffins sweetened with fruit juice, fructose or artificial sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>Tortillas (whole wheat can be eaten more often)</li> <li>Regular pasta</li> <li>Instant oatmeal or other instant cereals</li> </ul>	<ul style="list-style-type: none"> <li>White bread</li> <li>Breads with added sugar</li> <li>Cereals with added sugar</li> <li>White rice</li> <li>Cookies or other baked goods with added sugar</li> <li>Crackers</li> </ul>

### Fruits: 1 Serving = 1 small fruit or ¼ cup dried fruit or ½ cup canned or fresh fruit

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>Apples</li> <li>Apricots</li> <li>Berries</li> <li>Cantaloupe/honeydew melons</li> <li>Cherries</li> <li>Grapes</li> <li>Grapefruit</li> <li>Kiwis</li> <li>Mangos</li> <li>Oranges</li> <li>Peaches</li> <li>Pears</li> <li>Plums</li> <li>Tangerines</li> </ul>	<ul style="list-style-type: none"> <li>Bananas (less ripe are the best)</li> <li>Raisins</li> <li>Dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>Watermelon</li> <li>Pineapple</li> <li>Dates</li> <li>Canned fruits with added sugar or in syrup</li> <li>Frozen fruits with added sugar</li> </ul>

**Vegetables: 1 Serving = 1 cup raw leafy or ½ cup chopped, raw or cooked or ½ veg juice**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Avocados</li> <li>• Dried beans (all kinds)</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Green beans</li> <li>• Green onions</li> <li>• Lentils</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Peas</li> <li>• Spinach</li> <li>• Squash and zucchini</li> <li>• Sweet potatoes and yams</li> <li>• Tomatoes</li> <li>• Peppers</li> </ul>		<ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• French fries</li> <li>• Baked potatoes</li> <li>• Potato chips</li> <li>• Corn</li> <li>• Popcorn</li> <li>• Turnips</li> <li>• Parsnips</li> <li>• Sweet pickles</li> </ul>

**Meats, Eggs, Beans, Nuts: 1 Serving = 3 ounces cooked meat or 2 eggs or ½ cup nuts/seeds or 1 cup cooked dried beans or 2 TBPS peanut butter**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Lean beef</li> <li>• Chicken</li> <li>• Turkey</li> <li>• Pork</li> <li>• Ham</li> <li>• Fish</li> <li>• Shellfish (crabmeat, shrimp, scallops)</li> <li>• Lamb</li> <li>• Canadian bacon</li> <li>• Beans, lentils, nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut butter (no sugar added)</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar cured ham, bacon or other cured meats</li> <li>• Cold cuts processed with sugar</li> <li>• Meats with visible fat</li> </ul>

**Milk and Dairy: 1 Serving = 8 oz milk / yogurt or 1 cup cottage cheese or 1/3 cup shredded cheese or 1 ½ cheese**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Low-fat milk</li> <li>• Yogurt (no sugar added)</li> <li>• Eggs</li> <li>• Cottage cheese</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Low-fat ice cream</li> <li>• Yogurt with added sugar</li> <li>• Sour cream</li> <li>• Butter</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Regular ice cream</li> <li>• Chocolate milk</li> </ul>

**Fats and Condiments: 1 Serving = 1 tsp**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Olive oil / canola oil</li> <li>• Vinegar</li> <li>• Mustard</li> <li>• Soy sauce</li> <li>• Salsa</li> <li>• Spreadable fruit (no added sugar)</li> <li>• Tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Ketchup</li> </ul>	<ul style="list-style-type: none"> <li>• Jam / jelly</li> <li>• Syrup</li> <li>• Honey</li> <li>• Molasses</li> <li>• Mayonnaise</li> </ul>

**Snack Foods: 1 Serving = 100 calories or ¼ cup nuts**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Most fruits (not bananas or watermelon)</li> <li>• Yogurt (no sugar added)</li> <li>• Low-fat Cheese</li> <li>• Peanuts</li> <li>• Nuts</li> <li>• Celery</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat frozen yogurt or ice cream</li> <li>• Peanut butter (no sugar added)</li> </ul>	<ul style="list-style-type: none"> <li>• Cookies, candy</li> <li>• Cakes, pies</li> <li>• Regular ice cream</li> <li>• Doughnuts</li> <li>• Potato chips</li> <li>• Corn chips, Cheetos ®, etc.</li> </ul>

**Beverages: 1 Serving = 8oz (1 small cup)**

Often (every day)	2 to 3 times a week	Once a week or less
<ul style="list-style-type: none"> <li>• Fat free / skim milk</li> <li>• Water</li> <li>• Unsweetened tea</li> </ul>	<ul style="list-style-type: none"> <li>• Diet soda or juice</li> </ul>	<ul style="list-style-type: none"> <li>• Regular soda</li> <li>• Sports drinks like Gatorade</li> <li>• Chocolate milk</li> <li>• Juices with added sugar</li> <li>• "Fruit" drinks</li> </ul>

**Preparation Makes a Difference**

- Do not add extra fat or sugar